ABSTRACT

Within a fixing roller (231) are disposed a main heater lamp (234a) for heating a central portion of the fixing roller and a sub-heater lamp (235a) for heating opposite end portions of the fixing roller. MRnh, SRnh and ΣRnh satisfy the formula (1) or (2):

$$\Sigma Rnh \geqq 30.5 \cdot Ln(Ht) + 382 \quad \ldots \quad \ldots \text{formula (1)}$$

$$MRnh \leqq -21.9 \cdot Ln(Ht) - 198 \quad \ldots \quad \ldots \text{formula (2)},$$

where MRnh is a mean value of heat distribution in a no-heat generating section of the main heater lamp; SRnh is a mean value of heat distribution in the a no-heat generating section of the sub-heater lamp; ΣRnh is the sum total of these mean values; and Ht = vp/(Mh·λ) where vp is a fixing speed (m/s), Mh a heat capacity per unit length of the heating member (J/(°C·m)) and λ a heat conductivity of a material forming the heating member (W/(m·°C)).